

TOTALLY TEENS HEALTH CENTER

Leadership in Building "TEENS" a Healthier Tomorrow

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PREPARING FOR THE HOLIDAYS!!!



As we take down the last of the pumpkins and skeletons from Halloween and finish off the trick or treat candy, it's time to start thinking about the upcoming holidays of Thanksgiving and Christmas. Even if you have not begun to think about it, it is often hard to escape as every where we turn we see lights, decorations, plastic santas and snowmen, signs of sales and discounts, invitations to every holiday party and holiday music on every station and intercom.

If this hustle and bustle has you stressed and frazzled, here are 15 tips to keep in mind to help keep you merry this holiday season!!!!

1. **Keep your routines** - Keeping yourself on track and maintaining your day to day schedules will help keep you balanced and reduce stress.
2. **Don't party too hard** - Be selective on which parties to attend. Don't overdo and enjoy the parties you do attend.
3. **Bring in the family** - Be honest with family and friends. Keep the traditions simple and let them know what you can and cannot do.
4. **Use the Net** - shop on line and avoid the crowds!
5. **Cheers!!** - Be sensible with holiday drinking - excessive drinking can often cause more stress and fatigue.
6. **Less is more** - Keep the holidays simple, saving yourself energy and frustration.
7. **Gimme A Break** - Take time for yourself - its important to de-stress and relax during the holidays
8. **Set a budget** - Plan ahead and know what you can and can't afford. Avoid impulse buying.
9. **Share the love** - Holidays are about family and friends - tell people you love them - isn't that what the holidays are about?
10. **Get Crafty!** - Save time, money and stress. Hand-made gifts are often more special than store bought gifts.
11. **Life is not perfect** - Try and forget perfection!! Holidays can still be fun even with imperfection!!
12. **Travel well** - If you are traveling across country or just across town, be prepared and be patient. You will get there and remember to be safe!!
13. **Keep a sense of humor** - Laugh at yourself, laugh with others and laugh when things go wrong!!
14. **SOS** - Ask for help when you need you. You don't need to do everything and it's ok to delegate!!
15. **Enjoy the Season** - Have fun and make the most of the holidays. They come and go quickly, so if you can do nothing else during this time - sit back and have yourself a **VERY MERRY HOLIDAY SEASON!!!**



Merry Quitmas!!

(By: Jean Bunch)

Twass the day I stopped smoking, when all through the house,
My children supported me, and happy was my spouse.

The ashtrays were smelly from the butts left there,
I just now discarded them all, and set back in my chair.

I'm gonna conquer this addiction, with confidence I said,
While cravings for nicotine danced in my head.

With tar coated lungs, and shortness of breath,
I realized by smoking, I was paying for death.

With determination to quit, how can I go wrong?
But being hooked on smoking the addiction is strong.

The spot on my lung, of a recent taken x-ray,
Gave the appearance of suspicion my Doc said in dismay.

Then what to my wondering thoughts gave me fear,
What have I done to myself! as I shed a tear.

Dozens of times I tried, my guilt brought me shame,
But lighting up after quitting, I only have myself to blame.

I've relapsed several times, I must admit,
Now I know at this moment, I certainly must quit.

I've tried cessation classes, nicoderm, gum and the spray,
Was hypnotized, had acupuncture, on zyban, and even smoke-away.

I spent lots of money satisfying my addiction I now recall,
Throw out the cigarettes, lighters, ashtrays, throw away them all.

And then, in a twinkling I heard my family say,
This is the best present you've given us, on this Christmas Day.

I heard them exclaim, as they shouted with a cheer,

**Merry Quitmas to all, and to all a
Smoke Free Year!**

Nutrition Nuggets

'Tis the season of holidays, festivities, families, fun and FOOD!!! With Halloween, Thanksgiving, Christmas, and New Year's upon us, you may find yourself in the midst of many wonderful and tasty treats. You may also be one of many people who finds their clothes getting much tighter by the end of the season!!! According to the National Institutes of Health 5-10% of Americans gain 5 pounds during the holidays and the rest of us gain about 1 pound!! So here are some helpful tips to help you enjoy your holiday favorites without carrying the extra baggage later on!!

1. Have a small snack before you go to parties or dinners to curb your appetite. This will help to prevent overeating
2. Take smaller portions of higher calorie foods and fill up on more vegetables and fruits.
3. Stay on your regular eating schedule. Skipping meals usually leads to excess hunger which can cause excessive eating on higher calorie foods.
4. Enjoy holiday favorites at parties and special meals, but don't make the party last all week!!! It's ok to indulge at Thanksgiving dinner, but keep it to that time and not the day before, the day after and whole next week!!
5. If you are taking a dish to a party, take a lighter dish to balance out some of the higher calorie foods that will be served.
6. Before you take your food, peek at what is available and decide what it is that you really want, make a game plan, and stick to it. Choose wisely and take reasonable portions
7. Moderation is the key!!! There is always room for holiday favorites. Just balance the high calorie foods with low calorie foods.

Happy, Healthy Holidays!!!



**"We make a living by what we get, but we
make a life by what we give."**

Norman MacFinan